Outdoor Fill Flash

1. Meter read brightest area in field or background or sky
2. Decide on aperture for background sharpness
3. Set shutter speed from meter reading
4. Read Feet from lens
5. Set Flash setting according to ratio Feet/Aperture - M, ½, ¼, ⅛

With Film Speed ASA 100
set Flash dial to 200-400

200 - will give large amount of fill to make look of full shadow

400 - will give light fill to make picture printable on contrasty sunlight